

**KING Television
Seattle
January 1, 2007 through March 31, 2007**

**Quarterly Programming Providing the
Most Significant Treatment of Community
Issues**

1. EDUCATION
2. TRANSPORTATION/GROWTH
3. SENIOR CITIZENS
4. DIVERSITY/MULTI-CULTURISM
5. HEALTH

KING 5 News at 5:00PM, 1/2/07, 1:37

A Yale doctor say one of the keys to losing weight is to limit the flavors in the meal. When you're eating food that has flavor, say sugary or salty foods, you turn on the appetite meters that respond to that flavor category. But if you have all of them turned on, you're firing on all cylinders and you've got to fill them all before you feel full.

KING 5 News at 5:00PM, 1/3/07, 1:26

Mayo Clinic doctors and freezing kidney tumors with a procedure called cryo-ablation. A probe is inserted through the skin and into the tumor, gas travels through the port causing an ice ball to form and kill the tumor. The tumor shrinks and is eventually absorbed by the body.

KING 5 NOON News, 1/4/07, 1:33

The Consumer Product Safety Commission is expected to order all new generators be stamped with a label warning about the dangers of carbon monoxide poisoning.

KING 5 News at 5:00PM 1/4/06, 1:27

Traumatic brain injuries are among the most common serious brain disorders in the US. Patients who survive often face memory

problems, an Alzheimer's drug is not being tested that could offer help.

KING 5 News at 5:00PM 1/4/07, 1:31

Four major weight loss marketers including a well-respected vitamin brand have been ordered by the Federal Trade Commission to pay millions of dollars in civil penalties for promoting false claims of weight loss and in some cases reducing the risk of cancer. The settlement comes after a major government investigation.

KING 5 News at 5:00PM 1/05/07, 1:41

When winter hits as many as 40 million Americans get the blues. Shorter days and less sunlight can throw off the body clock affecting mood and sleep. The official name for this winter depression is seasonal affective disorder or SAD. Light therapy works best but it must be used as soon as you get up.

KING 5 News at 5:00PM, 1/7/07, 1:33

There are a number of situations that may trigger an asthma attack and many doctors agree that stress may intensify the episode. A high-tech method teaches kids with asthma how to relax, it's called biofeedback-assisted relaxation. Kids are hooked up to a computer to get a real-time look at how their bodies respond.

KING 5 News at 5:00PM, 1/8/07, 1:36

Those who know the pain of irritable bowel syndrome understand why it's the second leading cause of missed work days in this country. A breath test found an overgrowth of bacteria may cause I-B-S and the antibiotic rifaximin has shown promise in early testing.

KING 5 News at 5:00PM, 1/9/07, 1:35

Vocal cord paralysis can happen after a head trauma, stroke, certain cancers, viral infections, or even Parkinson's disease. A material called Radiesse is giving patients their voices back. It's injected into the vocal cord and significantly helps more than 80 percent of patients.

KING 5 News at 5:00PM, 1/10/07, 1:44

Radiation is often necessary for breast cancer patients who've had a lumpectomy, but the treatment is time consuming and can be uncomfortable. Now radiation "seeds" can be injected that can work over a period of time and gets the job done with just one visit to the doctor.

KING 5 News at 5:00PM, 1/10/07, 1:50

An eight year old boy from Portland, Oregon is the first person in the Northwest to receive an intestine transplant at Children's Hospital in Seattle.

KING 5 News at 5:00PM, 1/11/07, 1:00

A new report by the Centers for Disease Control warn about the potential dangers of over-the-counter cold and cough remedies for children under two years of age without the consent of a doctor.

KING 5 News at 5:00PM, 1/12/07, 1:47

A virtual reality program is helping millions of New Yorkers who witnessed the terrorist attacks on September 11th. May of them suffer emotional problems, including post traumatic stress disorder. By experiencing what has caused these problems down to the smell of fire in the building, the towers shaking and putting them in the towers to see and hear the attack.

Morning KING 5 News, 1/13/07, 2:07

Gas fireplaces are a popular alternative to wood burning fires. But the glass fireplace doors post a major hazard to toddlers because of burns they receive if touched.

KING 5 News at 5:00PM, 1/13/07, 1:22

Salon tanning can become addictive according to doctors. One physician's says some people even experience a drug-like high.

KING 5 News at 5:00PM, 11/14/07, 1:35

Sick building syndrome can exist in your home. Moldy showers, dust in carpets, clutter in the basement can attract dust mites and storing stuff under the bed can cause allergies and asthma.

KING 5 News at 5:00PM, 1/15/07, 2:18

Some women who are obese or have polycystic ovarian syndrome wind up with too much insulin in their bodies to become pregnant. Losing weight can improve the odds.

KING 5 News at 5:00PM, 1/16/07, :56

Gum and tooth troubles have been implicated in everything from heart disease to preterm birth, and now scientists have found a link to cancer.

KING 5 News at 5:00PM, 1/17/07, 1:30

More and more women are going to the doctor complaining of back, shoulder and neck pain all be cause of their heavy handbags. To avoid problems, the American Chiropractic Association says your pocketbook should weigh less than ten percent of your body weight.

KING 5 News at 5:00PM, 1/18/07, 1:40

Tunnel vision is a serious condition that all be eliminates peripheral vision. Now there are glasses that could change everything. A camera minifies the world to maximize the visual field. Details are then displayed on a screen on the lens so patients can read things like road signs.

KING 5 News at 5:00PM, 1/19/07, 1:33

A study of 60 patients who have had liposuction found that 43 percent of the women breasts increased one to two cup sizes.

Morning KING 5 News, 1/20/07, 1:36

Doctors not only operate on newborns but a few can also perform fetal surgeries to correct birth defects that would kill a child if the physician waited until after birth.

KING 5 News at 5:00PM, 1/21/07, 1:27

Drinking fruit or vegetable juice may delay the onset of Alzheimer's disease.

KING 5 News at 5:00PM, 1/22/07, 1:17

Anyone who has ever had chicken pox is at risk for shingles at some time in their life. The C-D-C recommends that people over 50 should get a shingles vaccine.

KING 5 News at 5:00PM, 1/23/07, 1:44

Heart disease and depression often go hand in hand. Either antidepressant drugs or psychotherapy can help.

KING 5 News at 5:00PM, 1/24/07, 1:40

A scholarship program for teenagers recovering from cancer has expanded to the Northwest and is helping these students get back on track and encouraging them to aim high.

KING 5 Morning news, 1/25/07, 1:50

The body age test, a test that claims to determine your body's physiological age, a direct result of how well you've cared for it. Many doctors use them as part of an overall health assessment. Now a growing number of health clubs coast to coast are offering this same test.

KING 5 News at 5:00PM, 1/25/07, 1:15

Researchers have found that when a part of the brain called the insula is damaged a patient suddenly becomes a non-smoker. The theory is the insula stores learned behavior, suppress it and you may even cure other bad habits.

KING 5 News at 5:00PM, 1/26/07, 1:26

Medical implants like heart valves, pace makers and knee replacements can improve and even save lives. But these hi-tech devices can also be a safe haven for dangerous staph infections, triggered by bacteria that is carried on the hands and transmitted through surgery. As many as 20 percent of patients with pacemakers end up with an infection.

Morning KING 5 News, 1/27/07, 2:15

Fluoride has been credited with a dramatic drop in tooth decay for the past 50 years. But now experts think some infants might be getting too much fluoride. There is enough fluoride in drinking water to risk milk fluorosis in adult teeth.

KING 5 News at 5PM, 1/27/07, 1:15

Alcohol-based hand sanitizers are convenient. But a study from Harvard shows that washing your hands with soap and water for 15 seconds is just as effective.

KING 5 News at 5:00PM, 1/28/07, 1:29

Studies show blood transfusions can lead to infections and complications. A surgery patient can get hormone injections to boost the blood count and use that blood if it is needed.

KING 5 News at 5:00PM, 1/29/07, 1:30

An allergy to metals in jewelry can also cause a reaction to the metal crowns in the mouth. The gums become grey and purple and leave holes where the gum tissue pulls away from teeth. The metal crowns in the mouth are replaced with ceramic ones and the allergy goes away.

KING 5 News at 5:00PM, 1/30/07, 1:33

The same G-P-S technology in your car is now helping Seattle doctors navigate tumors to make radiation treatment much more effective. It is called G-P-S for the body and was developed by a local company.

KING 5 News at 5:00PM, 1/31/07, 1:04

Researchers are just beginning to learn about the long term impact of concussions. The findings suggests that there is memory loss and a higher risk of depression.

KING 5 News at 5:00PM, 2/01/07, 1:35

Chronic Fatigue Syndrome is a debilitating and puzzling disorder affecting about a million people in the U.S. Now the disorder is being recognized as a problem in children as well.

KING 5 News at 5:00PM, 2/02/07, 1:21

A virtual stimulation lab is now helping people who stutter.

Morning KING 5 News, 2/03/07, 2:12

Small children can have ear tube implanted to reduce ear infections. These tubes also allow the child to learn easier and avoid taking antibiotics.

KING 5 News at 5:00PM, 2/03/07, 1:31

A web site called daily strength dot com offers information about treatments and a place to talk to other people going through the same health problems. Membership is free.

KING 5 News at 5:00PM, 2/04/07, 1:31

Nurses routinely poke and prod patients who need chemotherapy or other drugs. Now a new device called the sonic flashlight allows professionals to see inside a patient's skin to find the right spot to place the needle.

KING 5 News at 5:00PM, 2/05/07, 1:41

An estimated 76% of women experience premenstrual syndrome which includes cramps, fatigue and mood changes. Aromatherapists say essential oils can help to relax muscles, calm anxiety, relax muscles and enhance mood.

KING 5 News at 5:00PM, 2/06/07, 1:30

The food and drug administration has just approved a new genetic test that predicts whether early stage breast cancer is likely to come back in five-to-ten years.

KING 5 News at 5:00PM, 2/07/07, 1:43

A two year old boy awaiting a heart transplant has a device called the Berlin Heart installed. It is a partial artificial heart. Two tubes are attached directly into the chambers of the heart allowing the blood to flow into the pump positioned on the outside of the chest. It is powered by a portable support system that can be wheeled along with the patient.

KING 5 News at 5:00PM, 2/08/07, 1:41

The Government has released new guidelines for women who may become pregnant. All women in their reproductive years should make sure that their vaccinations are up to date and be taking folic acid. They should review the medications that they are taking with their doctor, some may have to be altered or discontinued.

KING 5 News at 5:00PM, 02/09/07, 1:39

Eating too much, tension and too little sleep can bring on the symptoms of a hangover without even drinking a drop of alcohol.

Morning KING 5 News, 2/10/07, 2:13

Infants and toddlers are now treated for depression and anxiety.

KING 5 News at 5PM, 2/10/07, 1:41

What you carry, hold or pull can cause pain from the elbow to the fingertips. Toting heavy bags and briefcases, sleeping on your arm and raking fall leaves without a break can lead to problems with your hands and elbows.

KING 5 News at 5:00PM, 2/11/07, 1:31

Instead of surgery for severe tendonitis, Stanford doctors are experimenting with a new treatment that is much less invasive. A patient's blood is drawn. The platelet rich plasma, or P-R-P is separated and injected back into the patient. The P-R-P is rich in growth factors that help the tendon heal.

KING 5 News at 5:00PM, 2/12/07, 1:48

Doctors warn wearing shoes that are too pointy or too high can lead to arthritis, stress fractures, bunions and ultimately surgery. White comfort shoes have been around for years, manufacturers have finally figured out ways to make them stylish.

KING 5 News at 5:00PM, 2/13/07, 1:41

Heart disease remains the number one killer of American women. But all this time doctors have been using make data to assess a woman's risk. As it turns out, they were wrong. A new study measures the traditional risk factors like smoking, age, diabetes, high blood pressure, and cholesterol. What is new is the inclusion of family history and a new measurement of C-reactive protein, or C-R-P, in the blood which can indicate inflammation.

KING 5 News at 5:00PM, 2/14/07, 1:40

Studies show that women who work nights are at greater risk for breast cancer.

KING 5 News at 5:00PM, 2/15/07, 1:18

Millions of people suffer from tinnitus a constant ringing in the ear. There is no medication or surgery that can alleviate this condition. For people with sleep problems that result from tinnitus a new study shows that melatonin lessens the ringing and significantly improves sleep.

KING 5 News at 5:00PM 2/15/07, 1:48

Millions of prescriptions are being filled for drugs that do not have FDA approval. Doctors, pharmacists and patients usually have no idea the meds aren't okayed by the Government. Even the Physicians Desk Reference doesn't have information about the approval of medications.

KING & KONG NEWS 10 & 11PM, 2/16/07, 1:53

Hypnosis is used to stop smoking or even lose weight, now some women swear that the mind-over-matter technique has helped them get pregnant.

KING 5 Morning News, 2/17/07, 1:48

Many American children consider themselves to be vegetarians but parents worry about a balanced diet. To alleviate this concern make sure to replace meats with plant proteins such as beans, nuts and seeds. Increase the fruits and vegetables and replace the grains used with more whole grains.

KING 5 News at 5:00PM, 2/18/07, 1:46

Custom organs means that scientists can grow the cells of that organ outside the body and create a new organ, put it back into the patient and it's genetically matched to that patients so there is no rejections. It takes months to build just one organ so to go main stream, scientists use a 3-D printer that could actually print organs.

KING 5 News at 5:00PM, 2/19/07, 1:56

Patients suffering from sleep apnea can be fitted with a c-pap that works by gently blowing air into the throat at a pressure high enough to keep the airway open all night.

KING 5 News at 5:00PM, 2/20/07, 1:36

Doctors believed that depression is the dominant feeling people experience after losing a loved one but new data reveals that it's not depression after all. The data suggests that the feeling is more yearning and pining and missing the person. Most people don't move through this feeling until six months after their loved ones' death.

KING 5 News at 6:30PM, 2/20/07, 1:06

Chances are when you start your new diet, you will start it on a Monday but by Tuesday you've already cheated and are calling it quits. To avoid this syndrome don't think of it as calorie restriction or doing without. The key is to make small changes but consistent and continue to building upon them. Those are the people who lose the weight and keep it off.

KING & KONG News 10 & 11PM, 2/20/07, 1:23

Leading experts in the medical community say the caffeine laden energy drinks mixed with exercise can be a dangerous combination. That's because caffeine is a diuretic, which causes the body to lose fluid. So does exercise combination can be dangerous.

KING 5 News at 5PM, 2/21/07, 1:36

Many cancer patients suffer from fatigue many years after their treatment has ended. Many find relief in alternative therapies like massage and reflexology.

Morning KING 5 News, 2/22/07, 1:40

Many people who use blackberrys, cellphones, ipods and hand held games are now suffering from neck, back and shoulder pain. To help lessen soreness try holding the gadget at eye level or spending ten minutes or less with your head down looking at the devise.

KING 5 News at 5PM, 2/22/07, 1:56

Gastric bypass surgery has helped many people shed countless pounds and regain their health and confidence. Some patients may develop other compulsive behaviors replacing one problem for another.

KING 5 News at 5:00PM, 2/23/07, 1:46

A new cookie on the market claims to lower cholesterol. It contains a fiber called psyllium and plant extracts called sterols, ingredients that have been shown to help block the absorption of cholesterol.

Morning KING 5 News, 2/24/07, 1:51

A traveling exhibit help teach kids shows kids how much fat are in the foods they might choose. It is helping them make better decisions about their health.

KING 5 News at 5PM, 2/24/07, 1:49

People can actually exercise too much. Warning sign include a compulsion to exercise and the need to keep moving to burn calories. It can also lead to antisocial behaviors, fatigue, anxiety and depression.

KING 5 News at 5PM, 2/25/07, 1:36

It's estimated a quarter million Americans may have been misdiagnosed with Alzheimer's or Parkinson's when they actually have NPH. NPH is a condition in the brain, the part that controls walking, ladder functions and lucidity fill with liquid. By siphoning off the excess fluid that patient returns to normal.

Morning KING 5 News, 2/26/07, 1:36

Manufacturers are now making anti-microbial bedding with copper, silver and even bamboo that claims to fight bacteria, fungi and mold.

KING 5 News at 5PM, 2/26/07, 1:56

Some people who are at high risk of developing esophageal cancer can prevent the disease by simply taking aspirin.

KING 5 News at 5PM, 2/27/07, 1:31

A study from the Centers for Disease Control finds that approximately one if four women are infected with the H-P-V virus. The vaccine for H-P-V is effective in preventing 70% of cervical cancer.

KING 5 News at 5:00PM, 2/28/07, 1:50

There is now an alternative for hip replacement therapy called hip resurfacing. This technique works much like aping a tooth because more of the bone is preserved. This procedure may last the rest of the patient's life, unlike convention methods which wear out.

KING 5 News at 5:00PM, 3/01/07, 1:16

Researchers are finding out that people who quit smoking often have trouble sleeping. If they wake up tired and grumpy they will often begin smoking again. A sleep lab in California is studying this phenomenon to better help people quit the habit.

KING 5 News at 5:00PM, 3/02/07, 1:21

The American Heart Association recommends eating two servings of fatty fish like salmon, herring, trout and albacore tuna a week. Studies show that they are good for your heart and help develop children's brains and eyes.

KING 5 News at 5:00PM, 3/03/07, 1:33

More than 50 percent of pregnant women suffer from carpal tunnel syndrome. It is caused by the rapid weight gain and increased body fluids.

KING 5 News at 5:00PM, 3/04/07, 1:35

Heavy workloads and long hours are blamed for "desk rage", a destructive behavior stemming from burnout and frustration. One way to avoid it is to make sure you take breaks: eat lunch away from your desk or even better away from the office. And go outside and get some fresh air.

KING 5 News at 5:00PM, 3/05/07, 1:34

To avoid seasonal related depression try getting to a warmer climate and don't stay isolated.

KING 5 News at 5:00PM, 3/05/07, 1:33

There is a concern that high schools should be equipped with Automatic External Defibrillators to prevent heart attacks in teenagers.

KING 5 News at 5:00PM, 3/06/07, 1:43

A clean bill of health for the Atkins Diet a new study puts it at the top of the weight loss programs. The report also finds that the controversial diet doesn't raise cholesterol and blood pressure.

KING 5 News at 5:00PM, 3/07/07, 1:33

A study published last October found that annual C-T scans can detect early lung cancer in 85 percent of patients, when the tumor is removed within a month, the 10-year survival rate is 92 percent, Traditionally it is only 15 percent, but a new study in Jama finds while the scans seem to detect cancer sooner, they do not decrease the death rate.

KING 5 News at 5:00PM, 3/07/07, 1:40

Washington State has been able to avoid the West Nile Virus. Today the state announced it will intensify its mosquito capture and test programs. They will also simplify procedures for spraying the mosquitoes the only creatures that can transmit the virus to people.

KING 5 News at 5:00PM, 3/08/07, 1:30

Outbreaks of Norovirus, the nasty group of stomach bugs that get attention when they hit a cruise ship are showing up everywhere in epidemic proportion. You don't even have to have symptoms to spread the disease.

KING 5 News at 5:00PM, 3/9/07, 1:41

Nerve damage, kidney failure, vision loss and amputations are just a few of the many complications of diabetes. The only way to avoid them is to keep blood sugar levels in complete control. Now there is a 24 hour monitoring system that makes it a whole lot easier.

Morning KING 5 News, 3/10/07, 2:00

The Benaroya Research Institute is participating in a multinational study to identify people who are at risk of developing type one diabetes, and see if they can be prevented or delay the onset of the disease.

KING 5 News at 5:00PM, 1:53

Imagine not being able to pick out a family member or a friend in a crowd. That's what life is like of an estimated 2 percent of Americans who suffer from a neurological disorder known as face blindness. There is no known cure. Face blindness can run in families. It's also present to some degree in children with autism and asperger's syndrome.

KING 5 News at 5:00PM, 3/10/07, 2:00

Environmental research has found that chemicals found in nail polish have been linked to a wide array of health problems from simple headaches to birth defects in baby boys.

KING 5 News at 5:00PM, 3/12/07, :55

Researches have found that one more reason to exercise is that it may stave off memory loss as we age.

KING 5 News at 5:00PM, 3/13/07, 1:46

New cookbooks on the market promise to spice up your menu and your love life.

KING 5 News at 5:00PM, 3/14/07, 1:58

A recent study found that the number of colon cancer deaths can be cu by a third by the year 2020 just by using currently available interventions. First is prevention.

KING 5 News at 5:00PM, 3/14/07, 1:17

The FDA wants the manufacturers of all 13 prescription sleeping pills to not even rare side effects on their labels. Many of the problems often happen after taking the pills with other drugs or alcohol.

KING 5 News at 5:00PM, 3/15/07, 1:49

To lower your risk of osteoporosis take calcium and vitamin D supplements.

Morning KING 5 News, 3/17/07, 2:35

Some children with severe autism can be successfully treated with medications.

KING 5 News at 5PM, 3/17/07, 1:49

Cholesterol level can be lowered at least 20 percent by simply changing your diet.

KING 5 News at 5:00PM, 3/18/07, 1:11

A study of the Brigham and Women's Hospital says that some common pain relievers may increase the risk of high blood pressure in man.

KING 5 News at 5:00PM, 3/19/07, 1:21

Full body CT screen to detect diseases early may not be the best choice. There are risks such as radiation exposure and false positives. Some radiologists believe that M-R-I's could be the better choice.

KING 5 News at 5:00PM, 3/20/07, 1:16

Stomach cramps can be caused by many foods. You may be lactose intolerant, which includes dairy items or fructose intolerance caused by fruits or not getting enough sleep can cause a serotonin shortage any of these can cause digestive problems.

KING 5 News at 5:00PM, 3/21/07, 1:22

The Fred Hutchinson Cancer Research Center has commissioned two tribal artists to educate the native populations about cancer prevention by adapting their own time-honored legends into paintings.

KING 5 News at 5:00PM, 3/23/07, 1:48

Contact lenses vs lasik surgery a decision that is sometimes hard to make. A drawback of contacts is that there can be eye infections. Lasik surgery may not last, eyesight keeps changing and you may end up wearing glasses again.

KING 5 News at 5:00PM, 3/24/07, 1:46

Advertised \$4.00 drugs may not be such a good deal. That's because several of the drugs are listed more than once at different doses. And the four-dollar generics are mostly older drugs which are already discounted by many plans.

KING 5 News at 5:00PM, 3/25/07, 1:36

If you spend hours a day working on a computer you may get computer vision. First make sure that you have the right prescription and lens designed for computer use. Second consider switching to the new silicone hydrogel lens that does not compete with the eye for tears. Then try changing your cleaning solution.

KING 5 News at 5:00PM, 3/26/07, 1:44

For those who want to dodge the gym, there's a new health plan geared just for you. People can earn points for doing normal household chores. For example set a goal at 150 points or 1000 points a week. Doing laundry for 30 minutes is 70 points, vacuuming gets you 115 points and doing dishes and cooking are both sixty points.

KING 5 News at 5:00PM, 3/27/07, 1:37

More than two-million Americans suffer from some type of drug reaction each year. 700 thousand will end up in the emergency room. You can protect yourself by knowing what meds you're taking. Make sure your doctor has an updated list and work together to limit that number. Use only one drugstore so your pharmacists get to know you and the medicines you take.

KING 5 News at 5:00PM, 3/28/07, 1:28

A new study looking at the link between diet and colorectal cancer suggests the best prevention menus contain lots of fruits and very little meat.

KING 5 News at 5:00PM, 3/29/07, 1:25

The FDA is hearing concerns today from doctors and patients about the long term side effects of anesthesia, especially when it comes to children. There are concerns about possible seizures, behavioral changes and effects on the immune system.

KING 5 News at 5:00PM, 3/30/07, 1:38

Studies have shown that thermal water can help everything from sunburns and dry skin to more serious conditions like psoriasis, eczema and rosacea.

MORNING KING 5 News, 3/31/07, 1:55

The American Heart Association is making a D-V-D available so families can learn at home how to perform CPR on infants.

KING 5 News at 5:00PM, 3/31/07, 1:36

Out of shape jocks can get back in shape. Tips include of thinking of exercise and punishment, bring back the competition and join a league, and try flag football or coed-softball. Also work out with a partner, especially if it's someone who won't let you slack

6. ENVIRONMENT/ANIMALS
7. CRIME/DRUGS/DOMESTIC VIOLENCE
8. CHILDREN/YOUTH/FAMILIES
9. ECONOMY
10. ARTS

KING 5 TELEVISION
Seattle, Washington
Public File Quarterly Report
Public Service Announcements
January - March 2007

ARTS

Agency	Spot	Content
Seattle Art Museum (!)	<ul style="list-style-type: none"> Olympic Sculpture 	Sweeping views, new beach, great sculpture. Grand opening Jan 20 and 21. Where Earth meets art.
Women in Film	<ul style="list-style-type: none"> Making Of 	Young women are shown in the process of making a movie. If you have a dream, make it happen. Women in film – the power to create.

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SENIOR CITIZENS

Agency	Spot	Content
American Macular Degeneration Foundation	<ul style="list-style-type: none"> Ed Asner 2 	<p>Today Macular Degeneration impairs the sight of over 10 million Americans. By age 75, more then 25% will be affected. Maybe you'll notice immediately or it might go unnoticed for months. Don't lose sight of what matters.</p>

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LOCAL ECONOMY/COMMUNITY

Agency	Spot	Content
National Association of Securities Dealers Foundation	<ul style="list-style-type: none"> Opinions 	A young couple receives conflicting advice from relatives on how to invest their savings. Our Web site has no confusing advice, no sales pitch, just unbiased tools to help you manage your money with confidence.

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EDUCATION

Agency	Spot	Content
School's Out Washington (!)	<ul style="list-style-type: none"> Blow Fish (+) 	A young boy makes faces against a glass window. Then he realizes there are three girls staring back at him from the other side of the window. Things can get pretty ugly when you're bored. In an after school program you can find something way better to do.

KING 5 TELEVISION
Seattle, Washington
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CRIME/ DRUGS/ GANG ACTIVITY

Agency	Spot	Content
Al-Anon	<ul style="list-style-type: none"> What It's Like 	If someone's drinking troubles you, Al-Anon family groups can help.
Alcoholics Anonymous	<ul style="list-style-type: none"> Testimonials 	Different people explain their problems with alcohol. They turn to alcohol for their own reasons: to cope or to overcome shyness. When you attend your first AA meeting, you realize you are not alone. You can find a solution and hope. When you're ready for help, look us up.
National Inhalant Prevention Coalition	<ul style="list-style-type: none"> Inhalant Abuse 	A cop talks about his teenage son who died from inhalants. If you don't know the signs of inhalant use, you can't save your kids.
Partnership for a Drug Free Washington (!)	<ul style="list-style-type: none"> The Talk 	In a humorous scenario, a father gives his 13-year-old son a choice: talk about sex or drugs. The son chooses drugs because talking about sex is awkward. There is no wrong way to talk to your kids about drugs.
Partnership for a Drug Free Washington (!)	<ul style="list-style-type: none"> Nick RX 	A young boy takes prescription drugs from his grandmother. One out of five teenagers has abused prescription drugs. Your kids are part of generation RX. To learn more, visit drugfree.org.
Project Roadblock	<ul style="list-style-type: none"> Soccer 	A group of people are playing soccer in the rain while drinking beer. One of the players falls down drunk and they laugh about it. It's easy to tell if you've had way too many, but what if you've had just one too many? Buzzed driving is drunk driving.

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ENVIRONMENT

Agency	Spot	Content
Environmental Defense	<ul style="list-style-type: none"> • Train 	<p>Global warming. Some say irreversible consequences are 30 years away. A man standing on the tracks of an oncoming train remarks, "30 years – that won't affect me." He steps away from the train tracks but leaves behind him a little girl left in the train's way. This is a visual reminder that global warming will impact future generations.</p>
National Arbor Day Foundation	<ul style="list-style-type: none"> • Nature Explore (*) 	<p>An animated butterfly encourages a child who is indoors playing video games, to go outdoors to explore nature. Climb a tree, smell the flowers, it's always a better day when you go outdoors. Check out the nature explorer club at arborday.org.</p>
US Environmental Protection Agency	<ul style="list-style-type: none"> • Flower 	<p>You can save gas and help the environment. Replace your car air filter regularly and make sure your tires are properly inflated, accelerate and brake slowly when possible. If we each adopt just one of these tips, we'd get more miles for our money and it would be easier to smell the flowers.</p>
West Sound Wildlife Shelter (!)	<ul style="list-style-type: none"> • Saving Wild Lives 	<p>Each year thousands of wild animals in Western Puget Sound are orphaned or injured. Many when they come into contact with people. Together we can save them.</p>

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CHILDREN/ YOUTH/ FAMILIES

Agency	Spot	Content
Child Nutrition Foundation	<ul style="list-style-type: none"> Fuel for Success (+) 	Eating a good school breakfast and lunch can affect your grades and how well you do in sports. Getting started with a good breakfast and lunch helps you concentrate in class. Healthy meals are the fuel you need to help keep your mind and body running right.
National Association of Broadcasters	<ul style="list-style-type: none"> Boss of Bad Guys 	A housewife has a talk in her home with a group of gangsters from a TV show. She tells them their show is too violently graphic so she has to block them from her kids.
National Association of Broadcasters	<ul style="list-style-type: none"> Boss of Drugs 	A father has a talk with a drug addict character from a TV show. He says the drug use is too adult-content for the kids so he'll have to block the show.

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HEALTH		
Agency	Spot	Content
FAS Family Resource (!)	<ul style="list-style-type: none"> Gov. Gregoire 	Each year nearly 1000 babies are born in Washington with Fetal Alcohol Spectrum Disorder. The good news is this can be prevented. If you are an expectant mother, do not drink alcohol. The future of WA depends on our children and your baby's future depends on you.
National Multiple Sclerosis Society	<ul style="list-style-type: none"> Dreams 	A young girl does gymnastics on a balance beam. A woman struggles to walk with the help of two railings. Nobody dreams of having MS. This is why we're here.
Sexual Assault Center of Pierce County (!)	<ul style="list-style-type: none"> Sexual Assault 	Sexual Assault – two words nobody want to use to describe their personal experience. Our center offers a crisis line, education, advocacy and therapy. We can help you get on with your future – you don't have to go through it alone.
WA Dental Service Foundation (!)	<ul style="list-style-type: none"> Keep Kids Healthy #1 	Poor nutrition has lead to childhood obesity in our kids and other problems like dental disease. Nearly 60% of Washington's elementary school kids suffer from the preventable disease of tooth decay, which is the leading cause of missed school days. Support efforts to prevent dental disease and obesity. Keep kids healthy to keep them learning.
WA State Department of Health (!)	<ul style="list-style-type: none"> Varicella 	Things are different today. Images of kids in the old days, riding bikes and skates without protective gear are shown. Today they wear helmets, knee pads and seat belts. Chicken Pox is a serious threat, it's very contagious. Talk to your child's doctor or clinic about the Chicken Pox vaccine and other immunizations that protect against childhood diseases.

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MISCELLANEOUS

Agency	Spot	Content
Attorney General of WA (!)	<ul style="list-style-type: none"> ID Theft Internet 	Attorney General Rob McKenna reminds viewers ways to prevent identity theft from your computer. Don't share personal information unless you initiate contact. Install antivirus software and a firewall. Conduct regular security updates for your operating system.
Foundation for Better Life	<ul style="list-style-type: none"> Classroom 	Students in class are taking a test. One boy asks his friend to give him the answers. The friend passes him a sheet of paper which could have the answers written on it. The teacher catches them and confiscates the paper. She unfolds it and sees that it reads, "Let's not cheat." Honesty -- pass it on.
Habitat for Humanity	<ul style="list-style-type: none"> Help Build It 	People from all over the world, such as Ecuador, Kyrgyzstan, Philippines, Tanzania, Mississippi, are building homes for Habitat. Come join us and help build it.
Peace Corps	<ul style="list-style-type: none"> What Will You Do 	What is it like when you hear your calling? Will you remember where you were? Ignore it? Or Listen? What if it calls you to go half way around the world to share your skills and serve people you've never met? What if this is your calling? Peace Corps. Life is calling. How far will you go?
WSAB/Army National Guard (!)	<ul style="list-style-type: none"> Dalhgard Elliot Parents Combo 	Locals from Washington speak about their National Guard experience. A woman had the opportunity to go to Iraq and the National Guard paid for her criminal justice/homeland security major. A man from Puyallup talks about how the National Guard paid for college and taught him life lessons, like team work. Parents are proud of what the National Guard has done for their kids: given them confidence and taught them new skills.
WSAB/Army National	<ul style="list-style-type: none"> Reflection of Honor 	Joining the National Guard is more than money for college. It builds

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Key: (+) = 16 and under,
 (*) = 12 and under
 (!) = local spot

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Guard (!)		character and gives you a sense of accomplishment. The National Guard opens doors and will put you on a career path and give you a whole new outlook on life. Country, community, family, that's what matters most.
WSAB/US Coast Guard (!)	<ul style="list-style-type: none"> • Shield of Freedom 	We are defenders of the homeland, we are the shield of freedom. We are the United States Coast Guard. Join the Coast Guard or Coast Guard reserve.